

it is more of a tonic. It gives one more stamina, more health than will fresh water. This is more especially true of those inclined to be thin and anemic. Too much fresh water bathing for those in this condition very often lessens the appetite and weakens the system generally; although one can stay in salt water as long as desired, and nothing but good results will be noticed—it being understood of course that sufficient intelligence is possessed by the bather to leave the water when so cold as to be uncomfortable. It is well to be careful in this respect—when the teeth begin to chatter, and no amount of moving or jumping around appears to bring warmth, get out of the water and remove wet bathing suit at once. Day after day as strength is gained and as the blood becomes richer, the chilling influence of the water will decrease. Take advantage of the opportunity afforded of being a girl or a boy again. Run up and down the beach. "Wake up" the muscles which may have lain dormant for months. The exercise necessary in resisting the surf is almost equal to that secured in the gymnasium, and it will bring color to the cheeks and health to many a weakling, if indulged regularly during the summer.

ACCELERATE CIRCULATION BY EXERCISE AFTER SEA BATH.

Immediately after coming from the water if you are at all chilly, quickly remove wet clothing, dry

the body, and take some active exercise to quicken the circulation. This can be done with dumb-bells, or an appliance of some kind, or free movements quickly performed. Remember to take this exercise in sufficient variety to use all the muscles of the body, thus bringing the blood to all parts.

MASSAGE BENEFICIAL.

After the exercise, or before if desired, massage of the muscles will be found beneficial. The hands can be used for this: knead and pinch the flesh all over the body. Of course massage by an experienced masseur is an advantage if such a luxury can be afforded. If not, employ a mechanical device such as the massage-exerciser, and you will receive almost as great a benefit.

FRESH WATER BATHING.

Salt water is undoubtedly vastly superior to fresh as a tonic, but much benefit can certainly be derived from fresh water bathing. The benefit of sun and the air baths can be secured, and, as before stated, these have a most decidedly beneficial effect on health and strength. Do not cumber yourself with any more clothes than is positively essential for the occasion; the less clothes you wear, the greater the benefits. In fresh water bathing be careful not to remain in the water too long. If in vigorous health, or inclined to be fleshy, not so much care needs be exercised,

but if thin or weak, the bath should last only a few minutes the first day—although do not be afraid of the sun and air—neither can injure, provided sufficient precaution is taken not to be sunburnt.

SWIMMING.

But little needs be said of swimming. One and all admit it to be a fine exercise. It is a whole physi-

cal culture school in itself when indulged in at proper intervals and not to excess. If you do not know how to swim, do not delay in learning. With the assistance of teacher, or of some friend, it will not be found difficult, and the fun and exercise of trying will be decidedly beneficial.

THE EDITOR.

HOW TO KEEP COOL.

But few are aware that the discomfort co-incident to extremely hot weather can be materially lessened by following certain rules in diet, exercise and bathing. A high temperature has very little effect on the body when the blood contains just the proper elements to sustain life and health under such conditions.

DIET.

Moderation in diet is primarily and positively essential if excess in these heat-producing elements is to be avoided. Entire abstinence from all greasy, highly seasoned, "heavy" foods is also required. Flesh foods of all kinds with the exception of fish, young chicken or similar meats, should be eschewed. Endeavor to confine the diet mostly to fish, vegetables and fruits. If

you must have meats eat sparingly of them. Do not stimulate the appetite—try to curb it if anything. Drink all the liquid essential to quench thirst, but do not try to stimulate the desire by "swilling" large quantities of lemonade, soda water, etc.

AVOID ALCOHOLIC DRINKS.

By all means avoid alcoholic liquors in hot weather. An alcoholic imbibor always suffers greatly at this season, and nearly every case of sun-stroke is made possible by the excessive use of alcoholic drinks. Every alcoholic drink taken on a hot day simply adds that much more fuel to the "furnace" already overheated.

BREAKFAST—LUNCH—DINNER.

Breakfast on fruit entirely—if



anything else is eaten it must be light. The mid-day lunch should also be light, and should consist mostly of vegetables and salads with some simple dessert. Dinner may consist of soup, fish, chicken, vegetables, salads and dessert. Encourage the appetite for salads—they are especially desirable in a hot-weather diet. Do not forget that quantity has much to do with your condition, so do not "stuff." The satisfaction gained for a few minutes from gormandizing hardly compensates for the unpleasantness resulting from an excess of hyrdo-carbons in the blood during hot weather.

EXERCISE.

Many have acquired the impression that exercise is not beneficial in hot weather. They think it heats the blood and aggravates the condition. True, it heats the blood for the time being, but it is well to remember that it eliminates the excess of fats by combustion and when the circulation becomes normal after exercise, the heat does not effect one nearly so much as before. If you are in fairly vigorous condition, and desire to be thoroughly comfortable in the hottest kind of weather, spend at least half an hour per day at some vigorous exercise, when you can be so clothed that profuse perspiration will not cause inconvenience or discomfort. Immediately after this exercise, if the weather is especially warm, take a hot bath, ending

with cold. If in addition to this exercise, the suggestions made in reference to diet are adopted, hot weather will have no "terrors" for you.

HOT AIR AND HOT VAPOR BATHS.

If you are weak, or if the energy necessary to exercising for half an hour on a hot day can not be aroused, then take a hot air, or a hot vapor path. Such a bath is about the best substitute for exercise that can be found. It burns the excess of carbonaceous matter, and throws off the impurities of the body, *but does not strengthen as does exercise.* THE EDITOR.

MARRIAGE OF THE UNFIT.

Theft and murder are considered the blackest of crimes, but neither the law nor the church has raised its voice against the marriages of the unfit, for neither has realized that, worse than theft and well-nigh as bad as murder, is the bringing into the world, through disregard of parental fitness, individuals full of disease tendencies. This has been left to our own profession, and we shall be unworthy of its traditions if we do not, each of us in his own particular sphere, strive to bring nearer the day when, not in a heritage of woe but of blessing, the deeds of the fathers shall be visited upon the children unto the third and fourth generation.—Dr. Harry Campbell, *London Lancet.*

CONTROLLED PARENTHOOD—THE INDIVIDUAL.

BY ALICE B. STOCKHAM, M. D.

The power of procreation is man's greatest gift. Blessed is fatherhood, thrice blessed is motherhood! To beget physical children, prompted by love and under conditions to project the best of themselves in offspring, is a joy and satisfaction. To know that man's power to create is a power within himself to be conserved, and that conservation trained to one's own development and life's uses is a fact worthy of all consideration.

Man is not a material machine. He has a soul that gives him ability to think, to act, to create. All forces and faculties are from within and manifest without. All functions of the body are soul expressions, are mind acting upon matter. It becomes man's privilege to understand all his powers, to train them into service. The ability to create is no exception to this fact.

Creative force has its origin in man's deepest nature, in divine life itself. Man's consciousness of the universal source that is inherent and operative through all nature, makes it possible for him to train his creative potency to great uses. He

may become the master and maker of conditions. There is no passion to usurp authority, no desire that he may not guide and direct. Even his divine nature may be evolved through the recognition, direction and appropriation of the creative energy. With proper understanding there need never be any loss, any waste or prostitution of these vital powers.

"We must begin with the assumption that all the potentialities that exist, exist in us.

"We must assume it to be true that the Kingdom of God is within us, that this Kingdom is our *real* selves and that through creative auto-suggestion is capable of infinitude in manifestation. All power necessary to bring to one all the good there is in life lies in oneself."

Through what may be called a spiritual alchemy, by right thinking the procreative force may be converted into altruistic desires and directed into channels of power and effectiveness.

Conscious thought becomes the impelling directing force, while the process and fulfillment are accord-

